

Every Child Learning Every Day



September 2003

An early childhood newsletter from the State Department of Education

Volume 2, Issue 9

READY TO LEARN

Books for a strong start

By Dr. Stan Steiner

Returning or entering a new day care/preschool for the first time can be filled with anxiety for some children.

A good beginning can set the tone for the entire year. The following books might help children to overcome fears and start conversations between children and adults.

"Biscuit Goes to School," by Alyssa Satin Capucilli, Harper-Collins, 2002. About the story: Biscuit finds his way to school. Will he get to stay? Everybody loves Biscuit, including the teacher.

"My First Day at Nursery School," by Becky Edwards, Bloomsbury, 2002. About the story: The perfect book for introducing a child to nursery school. Fears become smiles and the next day can't come fast enough.

"Corduroy Goes to School," by Don Freeman, Viking, 2002. About the story: This charming lift-the-flap book helps young children discover the kinds of activities that they are likely to experience in their preschool.

"Kevin Goes to School," by Liesbet Slegers, by Kane/Miller 1999/2002. About the story: Kevin's first day of school has some scary moments, but by the end of the day he's looking forward to the next day. This book is part of a cool first experience series for youngsters.

Dr. Stan Steiner teaches Children's Literature at Boise State University. More book reviews are available on his web page <http://education.boisestate.edu/ssteine>.



Newsletter helps connect us to you

Dear Reader:

It is hard to believe that just a year ago, we launched our first issue of the "Every Child Learning Every Day" newsletter.

This monthly newsletter was born after a discussion among staff about the need to connect with parents of preschoolers and early childhood education providers.

Although the role of the State Department of Education is primarily that of services to our K-12 students and school, we have strong connection to preschool education through our child nutrition programs that provide support to day-cares and preschools and through special education program for preschoolers.

We also coordinate with Even Start, Head Start, and Migrant Head Start Programs.

Our goal with each month's publication is to provide our readers with quick literacy and math



Dr. Marilyn Howard
Superintendent of Public Instruction

"lessons," ideas for great books to read, fun activities, nutrition information, and details on resources or events. This month we're adding a

new "columnist," Dr. Stan Steiner of Boise State University, who regularly reviews children's literature. You'll see his first column on the left.

The newsletter is a "value added" service the department provides and I want to thank the staff here as well as the others who help produce the newsletter: Mary Bostick, special education; Jean Heinz, child nutrition; Viola Fernandez, translator; Linda Kaley; administrative assistant; Tony Silver, printer; Rachel Tutko, administrative assistant; and Allison Westfall, public information.

A year later, and always, we welcome notes from our readers letting us know how we're doing or how we can improve.

Marilyn Howard

READY TO LEARN

Activities help teach print knowledge

This month you can help children become aware of words and letters and how they are different from pictures (print knowledge) through these activities from www.getreadytoread.org:

Word Puzzles

What you need: Several empty cartons of foods familiar to the children (e.g. milk, cereals, pasta, tortillas and plastic sandwich bags

What you do:

- Cut the carton front into four to five puzzle shaped pieces.
- Place each puzzle into a bag. If possible, make an intact, identical carton front for the children to see as a model.
- Help the children put the puzzles together. Ask them to point to the food words on the



puppet

What you do:

- Put a large-sized book upside down on a stand or table, or on your lap if you are reading to two or three children.
- Bring out the puppet and introduce it to the children. Explain to the children that the puppet is going to read the book, but it will need some help. Encourage the children to interact with the puppet.
- Begin the activity by having the puppet look for the title, author, and illustrator of the book. Since the

puzzle and say them a loud.

Reading Puppet
What you need: A large-sized book and a

book is upside down, the puppet should ask the children for help.

For example: "I want to read this book, but first I need to tell you the title. I can't find it! The book is upside down. There's the title. What does 'title' mean?"

- Continue the activity with the puppet asking for the children's help with how to read the book. For example:
 - "What should I do first if I want to read the book?"
 - "Where should I start reading?"
 - "Help me turn the page."
 - "Can you help me find the picture of ___?"



RESOURCES

Children may be eligible for insurance

From the Idaho Early Childhood Information Clearinghouse

The Covering Kids & Families in Idaho (CKFI) Coalition is launching a statewide enrollment drive to encourage Idaho parents with uninsured children/youth to consider enrolling them in the state child health insurance program (CHIP).

Many Idaho families are not aware that their children may qualify for CHIP coverage.

Last year, an estimated 29,600 uninsured Idaho children under 19 years were eligible but still had not applied for CHIP (Urban Institute, 2002).

Many of these eligible children and their families are located in rural areas of Idaho and are unaware of CHIP and the state's 2003 income eligibility guidelines.

For instance, a family of four may earn up to \$27,600 annually and qualify their children (up to 19 years old) for CHIP.

The comprehensive coverage offered through CHIP helps keep Idaho's kids healthy.

The CKFI Coalition encourages parents to find out if their kids are eligible by calling 211 or 1-877-KIDS-NOW for more information or to be sent the three-page CHIP application form.

Covering Kids & Families is a national initiative of the Robert Wood Johnson Foundation, the largest philanthropy in the country dedicated exclusively to improving the health and health care of all Americans.

For CHIP information

Details on eligibility for Idaho's Children's Health Insurance Program are available on the Department of Health and Welfare's webpage at:

<http://www2.state.id.us/dhw/chip/chip1eng.htm>.

Parents also can call Idaho CareLine: 800-926-2588.

NUTRITION

Make breakfast magic work for you

Breakfast does magic for our bodies because it gives us fuel and energy to start the day, work, think, and play.

Any healthy food can be a breakfast food. A child can make his/her own breakfast with healthy choices found at home. A fun activity is to ask the children to make a "Healthy Breakfast List." They can draw their food ideas on separate pages and create a book for their class or childcare group to create a class book.



Below are three quick breakfasts children can learn to make. These meals contain the three food items to form a reimbursable breakfast in the Child and Adult Care Food Program of the U.S. Department of Agriculture (USDA).

- *Cheese rolled over a breadstick, served with fresh orange slices and a glass of milk

- *Toast served with fresh/frozen fruit and a glass of milk

- *Waffles served with a banana and a glass of milk

Here's a fun easy to make breakfast that kids will enjoy:

Finger pancakes

- 2 large eggs

- 3 cups skim milk

- 2 cups flour (may substitute up to ½ whole wheat flour)

- ½ teaspoon salt

- 1 teaspoon sugar

- 1 teaspoon baking powder

Directions: Beat eggs and add milk. Combine dry ingredients until well mixed. Pour 2 tablespoons of batter onto lightly greased skillet and cook until golden brown on each side.

When pancake is cooked, sprinkle lightly with powdered sugar, roll up jelly roll fashion and eat or fill with fresh fruit before rolling.

A serving for a 1-5 year old would be 2 pancakes filled with 2 tablespoons chopped fruit in each pancake. Serve with a glass of milk to receive USDA reimbursement for breakfast. Makes 15 servings

READY TO LEARN

Match game helps teach number recognition

From Gayle's Preschool Rainbow, preschoolrainbow.org

Ice Cream Cone Match Game

Promotes number recognition and encourages preschool children to place numbers in order during this early math activity.

Materials: A set of number cards relevant to your children, 0 to 10 or 1 to 5, depending on abilities. Try writing the number and corresponding dots along with the number word on each card.

Description: In advance, adults discuss the number cards with the children. Next, children sit down



and close their eyes, then the teacher hides number cards around the room. Children now have to find the numbers. When they find the numbers they arrange them in to order. This activity can be played in the garden where more exciting hiding places can be found.

By cutting different shapes, e.g. fish, for the number cards the game can be theme based. When using fish, ask the children to feed a shark with the fish in order.

The shark is a cardboard box with a toothy mouth cut in it. If you make a hole in the back of the box adults can put their arm inside and grab the fish from the children like a real shark.

ACTIVITIES

Event focuses on young kids' emotional development

A fall symposia on issues of interest to early child educators and care providers will be held in September.

"The Mental Health Connection: Social and Emotional Development of Infants and Young Children" daylong events are set for Sept. 16 in Coeur d'Alene, Sept. 19 in Boise, and Sept. 26 in Pocatello.

The symposia is sponsored by the Idaho Infant Toddler Program, Office of the Governor, Generation of the Child, United Way /Success by Six- Idaho Parents as Teachers Office, and the University of Idaho Parents as Teachers Demonstration Project.

The keynote speaker will be

JoAnne Solchany, R.N., Ph.D. Solchany is a nurse clinical specialist in Infant and Child Psychiatry and University of Washington faculty member.

She will discuss emotionally available and attentive care-giving as it relates to social-emotional development and the early mother-child relationship.

Each site also will have afternoon breakout sessions.

Coeur d'Alene's sessions include: "Developmentally appropriate play to enhance social and emotional development" and "Strengths Based Interventions, Resilience & Protective Factors, the Devereux Early Childhood Assessment."

Boise's sessions include: "Developmentally appropriate

play to enhance social and emotional development," "Rating Early Childhood Environments," and "Sand Tray Therapy and Animal Assisted Therapy."

Pocatello's sessions include: "Developmentally appropriate play to enhance social and emotional development," "Developing Positive Relationships with Families: Everyone can be an asset builder," "Benefits of Infant Massage," and "Living, Loving & Learning: Guidance for Infants and Toddlers."

Registration fee is \$25 before Sept. 2 and \$35 after.

For registration information visit: www.agls.uidaho.edu/idpat